

Sitting time linked to mortality in adults with diabetes

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Adults with diabetes who meet the recommended guidelines for physical activity may offset the risk of mortality that is associated with excessive sitting time, according to a new study at Columbia University Mailman

School of Public Health. This is the first study to show that getting adequate exercise can counteract the elevated risk of mortality associated with sitting for long periods of time each day, even for people with diabetes.

The findings are [published](#) in *Diabetes Care*.

"Managing the elevated [mortality](#) risk in this high-risk population is particularly pressing given the widespread [diabetes](#) epidemic and the tendency among adults with diabetes to sit more and move less," said Wen Dai, Ph.D., first author who was a doctoral student in Epidemiology at Columbia Mailman School.

Excessive sedentary time is a significant public health issue with increased mortality risk for the general population.

The researchers analyzed data from the 2007-2018 National Health and Nutrition Examination Surveys (NHANES) for individuals 20 years of age or older with diabetes as defined by the American Diabetes Association. Individuals with diabetes were followed- through 2019 to determine mortality status. Sitting time and moderate-to-vigorous [physical activity](#) were self-reported. Data on sociodemographics, lifestyle factors and [medical conditions](#) were collected through computer-assisted personal interviews.

Physical activity was categorized as inactive (

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